

# Reducing Tobacco Use and Secondhand Smoke Exposure: Incentives and Competitions to Increase Smoking Cessation Among Workers

## Summary Evidence Table

### Studies of Worksite-Based Incentives When Implemented Alone to Reduce Tobacco Use Among Workers

Study	Intervention and Comparison	Population and Sample	Effect measure	Reported baseline	Reported effect	Value used in summary	Follow-up time
<p><b>Author (Year):</b> Sloan (1990)</p> <p><b>Study Period:</b> 1987–1988</p> <p><b>Study Design:</b> before-and-after</p> <p><b>Design Suitability:</b> Least</p> <p><b>Quality of Execution (No of Limitations):</b> Fair (4)</p> <p><b>Evaluation Setting:</b> Worksite (Volvo plant with 3500 employees)</p>	<p><b>Location:</b> Sweden (Trollhattan)</p> <p><b>Intervention:</b> Smoking cessation contest + Incentives (lottery with 3 drawing periods)</p> <p><b>Comparison:</b> Before-and-after</p>	<p>Selected company Smokers recruited to participate</p> <p>Eligible: n = 700</p> <p>Participants: n = 73</p>	<p>1) Continuous smoking cessation (abstinence) with biochemical verification</p> <p>2) Smoking cessation (point prevalence abstinence) with biochemical verification</p> <p>3) Participation rate (of estimated smokers: comparison to previous year)</p>	<p><u>Baseline</u> 0%</p> <p><u>6 mo</u> 0% 49%</p> <p><u>1987</u> 15 of 770 eligible smokers (1.9%)</p>	<p>32.8%</p> <p>36%</p> <p><u>1988</u> 73 of 770 smokers (9.5%)</p>	<p>32.8% NR</p> <p>36% NR</p> <p>7.6 pct pt</p>	<p>12 mo (from start)</p>

#### Abbreviations

Mo, month(s)

NR, not reported

pct pt, percentage point(s)